



Browned Butter Peas and Carrots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 large savory vegetable with a vegetable peeler shaved
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 pound sugar snap peas
- ☐ 0.3 cup water

Equipment

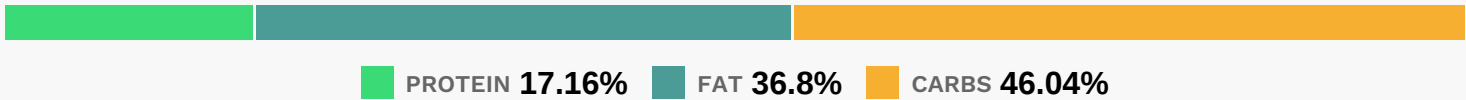
- ☐ bowl

- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place sugar snap peas and water in a large microwave-safe bowl. Cover with plastic wrap; pierce plastic wrap to vent. Microwave at HIGH for 3 minutes. Melt butter in a medium skillet over medium heat; cook 2 minutes or until browned and very fragrant.
- ☐ Drain peas; add to butter in pan, tossing to coat.
- ☐ Add carrot; cook 30 seconds or just until carrot starts to wilt, tossing well.
- ☐ Sprinkle evenly with salt and pepper; toss to combine.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:11.382173925962%

Nutrients (% of daily need)

Calories: 73.04kcal (3.65%), Fat: 3.07g (4.72%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.54g (5.04%), Cholesterol: 7.53mg (2.51%), Sodium: 100.58mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin C: 68.06mg (82.5%), Vitamin K: 28.7µg (27.33%), Vitamin A: 1333.14IU (26.66%), Manganese: 0.29mg (14.27%), Iron: 2.37mg (13.16%), Folate: 47.82µg (11.95%), Fiber: 2.97g (11.9%), Vitamin B1: 0.17mg (11.38%), Vitamin B6: 0.18mg (9.1%), Vitamin B5: 0.86mg (8.56%), Magnesium: 27.6mg (6.9%), Potassium: 229.01mg (6.54%), Phosphorus: 61.19mg (6.12%), Vitamin B2: 0.09mg (5.43%), Calcium: 50.43mg (5.04%), Copper: 0.09mg (4.65%), Vitamin E: 0.52mg (3.49%), Vitamin B3: 0.69mg (3.43%), Zinc: 0.31mg (2.09%), Selenium: 0.83µg (1.19%)